Brain dump before bed

6 things to get out of your head

About 5 minutes. Don't sort it. Just get it out.

1. Tomorrow's first thing

2. What I'm afraid I'll forget

3. Who needs a text back

4. What has to leave the house with me

5. The thing that keeps nagging

6. One thing I can let go

How to do it

- [ ] Same time each night
- [ ] Everything, in any order
- [ ] Be specific
- [ ] Stop when it slows down
- [ ] Put it away until morning

Or say it to Lawna: "Tomorrow's first thing is the permission slip. Text Rachel back. I'm letting go of the closet this week."